

What are the benefits of sports participation?

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According to experts, children involved in sports are able to develop and improve in the following areas:

- Self Esteem
- Listening Skills
- Perseverance
- Concentration
- Coordination
- Balance
- Strength
- Spatial Awareness
- Self Control
- An internal sense of accomplishment
- Many more!

****Competitive Opportunities****

No experience necessary for these teams:

- ❖ Cheerleading
- ❖ Tumbling & Trampoline—Coed

Pre-competitive gymnastics by invitation only:

- ❖ Flares—Ages 4-7
- ❖ Pre-Team—Ages 6 and up

These classes are separated for Boys & Girls

Competitive gymnastics by invitation only:

Santa Cruz Sports Central offers Boys and Girls competitive gymnastics in USA Gymnastics Levels 4 through Elite.

For more information regarding these programs including pricing and scheduling, please contact our office at 427-3547.

****OPEN GYMS****

The 3rd Saturday of every month for boys and girls ages 3-13 from 6:00-10:00pm. Members and siblings receive discounted rates. Pre-registration highly encouraged. Please contact our office at 427-3547 to register or for more information.

Santa Cruz Sports Central

“Learning to Succeed for a Lifetime”



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Gymnastics Tumbling & Trampoline Cheerleading

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**Beginning through Advanced
Recreational & Competitive
Boys & Girls**

Toddler through Adult Classes

Phone: (831) 427-FLIP
www.scsportscentral.com

Santa Cruz Sports Central

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****Recreational Programs****

Ages 6 through 12 years

Annual Membership is \$75*

Santa Cruz Sports Central offers fun and motivating recreational classes in:

- ⇒ Gymnastics—Boys and Girls Classes
- ⇒ Tumbling & Trampoline—Coed Classes

In all of our classes, SCSC uses logical progression systems to develop strength, flexibility and confidence in a safe and encouraging environment. Children will have fun while learning skills and advancing through the following levels:

- White Diamond (beginning—55 min)
- Blue Diamond (intermediate—85 min)
- Black Diamond (advanced—115 min)

Teenage Classes—Coed for ages 13-17

Adult Classes—Coed for ages 18 and up

A fun and exciting to be challenged both mentally and physically for 90 minutes a class. Every class is tailored to the individual needs of each student.

Annual membership for these classes is \$50

****Pre-school Gymnastics****

Walking through 5 years

Annual Membership varies by age

Our Pre-school classes are structured to focus on motor-skill development while enhancing social interactions and cognitive development. All children in our programs are encouraged to succeed at their own pace and level. Pre-school classes are coed.

Walkers: Walking—24 months (\$50 membership)

Cruisers: 24—36 months (\$50 membership)

These 45 minute parent assisted classes allow children to develop fine and gross motor skills as well as social interactions. We strive to accomplish this through fun, instructor led obstacle courses, games, and interactive activities.

Darts: 3 & 4 years—45 minutes (\$50 membership)

Flyers: 5 years—55 minutes (\$75 membership)

These instructor led classes begin to teach the mental and physical building blocks necessary for participation in most activities and sports. Children develop their social and gymnastics skills while being challenged through exciting obstacle courses, fun warm-ups, and basic progressions.

Jumping Beans: 3-5 years—30 minutes

A fun class focusing on trampoline skills, skill combinations, and trampoline safety.

Santa Cruz Sports Central

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****Pricing Information****

Santa Cruz Sports Central's programs are now run on 8-week sessions allowing each child an opportunity to enroll, learn and advance through the levels.

Enrollment is on-going and our programs can be entered at any time (fees will be pro-rated for mid-session enrollment).

	Classes per week: <u>1</u>	<u>2</u>
30 minute classes	\$75	\$125
45 minute classes	\$115	\$200
55 minute classes	\$125	\$225
85 minute classes	\$170	\$300

All prices are for 8-week sessions

Sibling discount of 10% for 2-3 children and 20% for 4 or more

➤ Call for Teen and Adult Class Pricing

***Annual Membership to SCSC includes:**

- ❖ A free SCSC t-shirt
- ❖ Discounted special events and parties
- ❖ Priority registration
- ❖ Insurance and registration costs

Siblings receive discounted memberships or try our New Family Membership for only \$150 per year!

Parties Available!

Ask for a brochure today!!



Located just 1 block from Costco!
Call 427-3547 for more information

www.scsportscentral.com

Visit our website anytime or call us for the most up-to-date information .

Office hours are Monday through Friday from 10:00a-5:00p. Closed for lunch from 12:00-2:00p